

# News Release



FOR IMMEDIATE RELEASE  
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## California State Parks Brings the Popular Junior Lifeguard Program to the Bay Area

**HALF MOON BAY:** The popular Junior Lifeguards youth program will be offered for the first time this summer at Half Moon Bay State Beach. The Junior Lifeguard program is a unique and challenging aquatic program for young people ages 8 – 16, in which the promotion of water safety and environmental awareness are the primary goals. The Summer 2005 4-week session of the Junior Lifeguard program is scheduled for **July 11th through August 5th**, Monday through Friday, 10 a.m. to 3 p.m. at Half Moon Bay State Beach.

All participants new to Junior Guards must pass a swim test: Swim Test and registration will both occur **Sunday May 22<sup>nd</sup>**, and **June 26<sup>th</sup>** at the Half Moon Bay High School Swimming Pool, Lewis Foster Drive, Half Moon Bay, CA 94019. Program fees are \$400. Space is limited and registration will be on a first come first serve basis.

Participants will be required to pass a swim test consisting of:

- 1) Continuously swim for 100 yards in a swimming pool (8 year olds swim 50 yards only)
- 2) Competently swim underwater for 10 yards.
- 3) Competently tread water for 3 minutes

The program, led by California State Park Lifeguards, is designed to improve physical conditioning, understanding and respect for the marine environment, as well as respect for themselves, their parents and peers. Daily instruction and activities include: open-ocean swimming, paddle boarding, body-surfing, body-boarding, surfing, skin-diving, and self rescue. Environmental respect is increased by the understanding gained through daily physical contact with the environment, as well as through lecture and discussion of pertinent marine and aquatic topics. Junior Lifeguards develop self-esteem through physical training, team building, and leadership.

Half Moon Bay State Beach is located approximately 25 miles South of San Francisco on Highway One in the city of Half Moon Bay. For more information on the Junior Lifeguard program, please contact Lifeguard Eric Abma at (650) 726-8806 or email at [EABMA@parks.ca.gov](mailto:EABMA@parks.ca.gov).

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